

# Emotional Cues for Cravings in Relapse Worksheet

By Peggy L. Ferguson, Ph.D.

**Part A Instructions:** Use this worksheet to help identify feelings connected to your drinking or using drugs. First, put a check by each emotion that you believe is associated with drinking and/or using. After you have identified the emotions associated with your substance use, give three examples of past associations and three examples of current associations between emotions and thoughts about drinking or using drugs.

Then give three examples of how these emotions are currently connected to your thinking about drinking or using.

- \_\_\_ 1. Fear. Other words for fear: afraid, anxious, nervous, scared, apprehensive, insecure.
- a. Past examples of how this feeling was linked to your drinking drugging behavior.
  
  - b. Recent examples of how this feeling was linked to thinking about drinking/using.
- \_\_\_ 2. Anger. Other words for anger: mad, frustrated, annoyed, miffed, resentful, aggravated.
- a) Past examples of how this feeling was linked to your drinking drugging behavior:
  
  - b) Recent examples of how this feeling was linked to thinking about drinking/using.
- \_\_\_ 3. Guilt. Other words for guilt: sorry, responsible, bad, remorse, regret, self-reproach, contrite.
- a. Past examples of how this feeling was linked to your drinking drugging behavior:

b. Recent examples of how this feeling was linked to thinking about drinking/  
using.

\_\_\_ 4. Shame. Other words for shame: embarrassed, less than, inadequate, humiliated.

a. Past examples of how this feeling was linked to your drinking/drugging  
behavior.

b. Recent examples of how this feeling was linked to thinking about drinking/  
using.

\_\_\_ 5. Hurt. Other words for hurt: abused, crushed, disappointed, pain, taken for  
granted, taken advantage of, bruised.

a. Past examples of how this feeling was linked to your drinking/drugging  
behavior.

b. Recent examples of how this feeling was linked to thinking about drinking/  
using.

\_\_\_ 6. Sadness. Other words for sadness: grief, melancholy, sorrowful, somber,  
solemn.

a. Past examples of how this feeling was linked to your drinking/drugging  
behavior:

b. Recent examples of how this feeling was linked to thinking about drinking/  
using.

\_\_\_ 7. Loneliness. Other words for loneliness: left out, neglected, abandoned,  
alienated, dejected.

a. Past examples of how this feeling was linked to your drinking/drugging  
behavior.

b. Recent examples of how this feeling was linked to thinking about drinking/  
using.

\_\_\_ 8. Helplessness. Other words for helpless: paralyzed, despair, defeated, shaken,  
stuck.

a. Past examples of how this feeling was linked to your drinking/drugging  
behavior.

b. Recent examples of how this feeling was linked to thinking about drinking/  
using.

\_\_\_ 9. Overconfident. Other words for overconfident: ungrateful, reckless, prideful,  
imposing, in control, dominating.

a. Past examples of how this feeling was linked to your drinking/drugging  
behavior.

b. Recent examples of how this feeling was linked to thinking about drinking/  
using.

\_\_\_ 10. Boredom. Other words for bored: disconnected, disinterested, withdrawn, not  
caring, subdued.

a. Past examples of how this feeling was linked to your drinking/drugging  
behavior.

b. Recent examples of how this feeling was linked to thinking about drinking/  
using.

- \_\_\_ 11. Stressed. Other descriptors words for stressed: overwhelmed, exhausted, worried.
- a. Past examples of how this feeling was linked to your drinking drugging behavior.
  
  - b. Recent examples of how this feeling was linked to thinking about drinking/using.
- \_\_\_ 12. Joy. Other words for joy: happy, elated, excited, confident, cheerful, adored, affectionate, delighted.
- a. Past examples of how this feeling was linked to your drinking drugging behavior.
  
  - b. Recent examples of how this feeling was linked to thinking about drinking/using.

You have identified feelings or emotions that have served as triggers for cravings and/ or relapse in the past. You have identified current feelings or emotions that are connected to thoughts about drinking and/using. In recovery, you must learn to replace the chemical with healthy living skills. Learning to deal with feelings appropriately is a very important healthy living skill.

**Part B Instructions:** Make a list of things that you can do to deal with feelings or emotions in a healthy way. Examples for healthy ways to deal with anger - hit golf balls, exercise, write them a letter, relaxation techniques, forgive them, talk to them about it, and many, many more.

Note: This worksheet was originally published in 2009 at [WWW.PEGGYFERGUSON.COM](http://WWW.PEGGYFERGUSON.COM). It has been updated and edited. PS. There are many more recovery worksheets on my website.

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